

Dockets Management Branch (HFA-305)
Food and Drug Administration
5630 Fishers Lane, Rm. 1061
Rockville, MD 20852

April 14, 2000

re: Labeling of bottled waters

2 8 2 5 '00 APR 21 P 1 :45

Dear Sirs,

Please do require labelling of bottled waters, as to their content of :

- lead , down to .1 ppm
- fluoride, down to .05 ppm
- arsenic, down to .05 ppm
- mercury, down to .05 ppm
- cadmium, down to .05 ppm
- radioactives, down to .05 ppm

Also there needs to be something about pesticide/herbicide levels. Since there are too many to list individually, perhaps it could it be done at least as "total organics," in parts per billion.

Beneficial minerals, too (such as calcium, magnesium, and other typical inorganics) should be listed.

There would be more room for all these listings, if the "protein, fat, carbohydrate, number of calories" listings were left off the labeling of water (for which they are totally inapplicable).

Clear and accurate water labeling is of enormous interest to me, for reasons of personal practicality; requiring clear labeling about (in particular) fluoride content, would be a major step toward making it possible for me to travel again.

You see, I used to be in deep trouble with food allergies/intolerances -- I lost the use of 90-odd percent of kinds of food, and was still losing more every month -- was doing 5-day food rotation and keeping a food diary for 4 years (strenuous), developed a legal-sized fingerprint list of which foods produced which symptoms, spent 6 years as the walking laboratory looking for solutions. When I did finally discover a way to rebuild my biochemical balance, I got back 80% of the foods in the first two months of the work.

I've also found (the hard way, many times over since 1981) that maintaining that balance is strictly contingent on minimizing the fluoride load (not the only factor, but a major and immediately-apparent one, and -- under present circumstances -- the hardest one to avoid): I get back into the downspiral and have several weeks' stringent rebuilding-work to do over again, anytime I drink fluoridated water for even a day or two, or eat more than a couple of meals cooked on it, or soak in a tub of it (instead, I have to take the fastest possible showers). (The food-deprivations are unpleasant, even for a few weeks and when I'm at home; but also, when I'm traveling it can be far more challenging to locate the resources I need for the rebuilding -- challenging and timeconsuming, displacing the reasons for the trip.)

Therefore, the information with which to stay out of these troubles is extremely important to me. I feel it is a basic right; and because it has increasingly been hard to access (certainly hard to access as fast as the pollutions are escalating), my life has grown increasingly constricted (even after regaining food-freedoms so spectacularly). I feel that that state of affairs is not the "life, liberty, and pursuit of happiness" that the law entitles me to.

Please do require stringent labeling of all bottled waters. Thank you.

Sincerely,

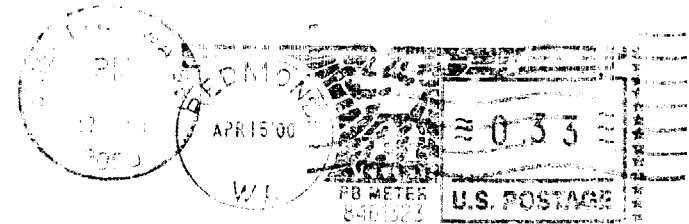


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